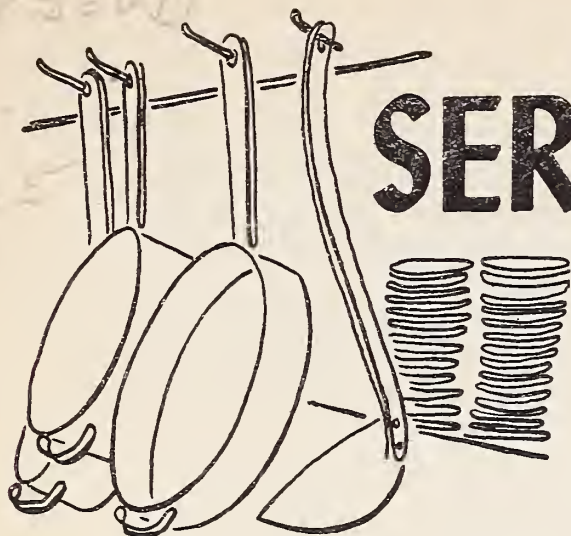


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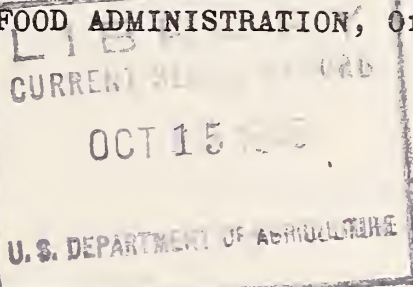


# SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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## BUDGETING THE RATION POINTS

The industrial feeding manager's ability to keep within his ration allotment is affected as much by careful planning as it is by the number of points available. Even a large number of ration points will not stretch over the rationing period if they're spent wastefully on high-point meats and fats.

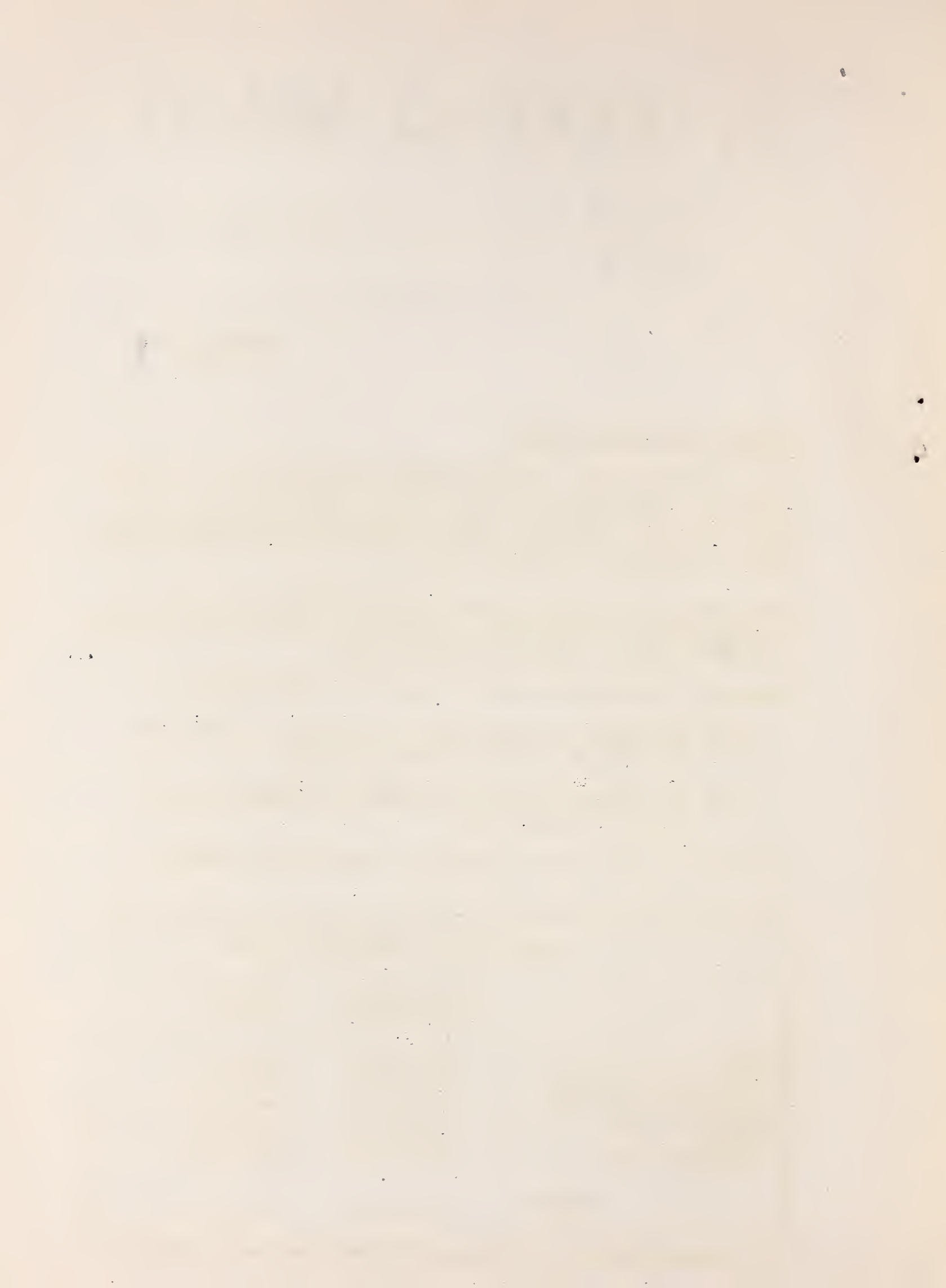
If too many ration points are used in the first month of the rationing period, it's difficult...even by the most careful planning...to make up the loss during the second month.

Budget your ration points for each period by determining:

- (1) The number of ration points available for each month, week and day of the rationing period;
- (2) The proportion of ration points to be used for each type of rationed foods.

Meat and fat points may be recorded in this way, for example:

RATION POINT DISTRIBUTION RECORD		
	Percentage of Total Points	Number of Points
Meats	_____	_____
Butter and margarine	_____	_____
Cooking fats and oils	_____	_____
Fats for baking	_____	_____
Cheese	_____	_____
Evaporated milk	_____	_____
TOTALS	_____	_____



Similarly, the points required for processed foods may be divided between those needed for general cooking and service and those used for baking. Sugar also may be divided into the amount needed for table use and that needed for baking.

Check regularly on the use of ration points to see that you are not going over your budget allowance. Make this check daily, if possible, but never less than once a week.

Thus, too much spending of points one day or during a week may be corrected by a limited use of points for the following period until the budget is balanced. This method will prevent incurring point indebtedness.

Here's a summary form for keeping track of ration point expenditures:

RATION POINT SUMMARY						
	Today		Rationing Period to Date		Budget Check	
Rationed Foods	Allotment	Used	Allotment	Used	Over	Under
*Meats, cheese, fats, etc. Processed foods Sugar						

\*This item may be sub-divided giving point use for each kind of rationed food.

#### USING MEAT ALTERNATES TO CONSERVE MEAT

One way to make ration points go further and to cope with shortages in the meat supply is to use meat alternates often. Meat alternates are foods that may be served instead of meats because they contain essentially the same nutrients.

Poultry, fish, eggs, cheese, dry peas and beans and nuts are meat alternates that may be used in main dishes on the menu. Like meat they are rich sources of protein and supply B vitamins.

Planning menus presents fewer difficulties to food managers when meat is available since many meats suggest the vegetable to use. For example, baked ham may call for sweet potatoes and green beans.

Fewer natural combinations are suggested to the menu planner by meat alternates and that's why more thought needs to be used to plan meals that will be attractive to the eye and appealing to the taste.



1. The first part of the report is a general introduction to the subject of the study. It discusses the importance of the problem and the objectives of the research.

2. The second part of the report is a detailed description of the methods used in the study. It includes a discussion of the experimental design, the data collection procedures, and the statistical analysis techniques.

3. The third part of the report is a presentation of the results of the study. It includes a discussion of the findings, a comparison of the results with previous research, and a conclusion about the significance of the study.

4. The fourth part of the report is a discussion of the implications of the study. It includes a discussion of the practical applications of the findings and a suggestion for further research.

5. The fifth part of the report is a summary of the study. It includes a brief overview of the main points of the report and a final conclusion.

6. The sixth part of the report is a list of references. It includes a list of the books, articles, and other sources used in the study.

7. The seventh part of the report is an appendix. It includes a list of the tables, figures, and other supplementary material used in the study.

8. The eighth part of the report is a glossary. It includes a list of the terms and abbreviations used in the study.

9. The ninth part of the report is a bibliography. It includes a list of the books, articles, and other sources used in the study.

10. The tenth part of the report is a list of the authors' names and addresses. It includes a list of the names and addresses of the authors of the study.

11. The eleventh part of the report is a list of the titles of the chapters. It includes a list of the titles of the chapters of the study.

12. The twelfth part of the report is a list of the subjects of the study. It includes a list of the subjects of the study.

13. The thirteenth part of the report is a list of the years of the study. It includes a list of the years of the study.

Vegetables, salads and other food selections that complement the main dish in color, flavor and texture should be selected. Mild-flavored foods should be combined with more strongly flavored ones and soft-textured foods with crisp ones.

Fried haddock, for instance, may be served with creamed new potatoes and lettuce and tomato salad. The creamed potatoes contrast with the texture of the fried fish and the salad adds color, a tart flavor and crispness to the menu.

#### SERVING FRESH VEGETABLES

Many fresh vegetables are on hand in local markets and as the growing season advances a larger variety of them will be available. They add color and flavor to any meal.

Cook them until tender in as little water and for as short a time as possible. They should be served immediately to preserve flavor, color and conserve food value.

Fresh vegetables may be combined attractively in vegetable plates. The occasional use of a vegetable plate may add welcome variety to the special lunch menus. However, vegetables alone do not supply enough protein to take the place of meat.

For that reason, a meat alternate such as poached or fried eggs, egg salad, omelet, cottage cheese, fish salad or sliced cheese should be served with the vegetables.

#### USING FOODS IN PLENTIFUL SUPPLY

This month carrots, cabbage and fresh tomatoes are in plentiful supply in nearly all southwest markets. Use them often in the menus.

Eggs will continue to be plentiful and they can be used in main dishes to help stretch the limited meat supply. Oranges and apples will be available and may be used in salads, desserts and for between-meal snacks.

#### MENUS FOR SPECIAL LUNCHES

Here are menus for special lunches for a period of 15 days. These menus are planned to furnish about one-third of the worker's daily food requirements. They also come within the limits of rationing allotments and reduced food supplies.

In this month's menus, meat alternates are featured as are the fresh vegetables and fruits in abundant supply.

It is a pleasure to have you here, and I hope you will find the trip well worth the effort. I have been thinking of you very much lately, and I am sure that you will be able to find many interesting things to do here.

I am sure that you will find many interesting things to do here, and I am sure that you will be able to find many interesting things to do here.

Yours truly,

I am sure that you will find many interesting things to do here, and I am sure that you will be able to find many interesting things to do here.

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1	2
Braised breast of lamb Parsleyed new potatoes Buttered carrot strips Whole-wheat bread with butter or fortified margarine Plain cake with orange frosting Milk	Baked kidney beans (See Recipes) Fresh spinach or other greens Sliced tomato and lettuce salad Enriched rolls with butter or fortified margarine Custard pie Beverage
3	4
Meat loaf with gravy Steamed new potatoes Creole cabbage (See <u>April</u> Issue) Whole-wheat bread with butter or fortified margarine Chocolate pudding Beverage	Baked fish fillet - tomato sauce Steamed new potatoes in jackets Green beans Enriched rolls with butter or fortified margarine Blueberry pie Milk
5	6
Fish cakes with egg sauce Creamed new potatoes Buttered green beans Enriched bread with butter or fortified margarine Peach shortcake Milk	Roast pork with spiced apples Browned potatoes Buttered lima beans Enriched bread with butter or fortified margarine Orange custard Beverage
7	8
Roast lamb with dressing Mashed potatoes - gravy Cabbage and green pepper salad Enriched bread with butter or fortified margarine Fresh fruit cup Milk	Baked macaroni with cheese Buttered sliced carrots Mixed green salad with French dressing Whole-wheat bread with butter or fortified margarine Gingerbread Milk

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[illegible]

<p>9</p> <p>Creole lima beans          Buttered fresh beets and greens          Cottage cheese and tomato salad          Whole-wheat bread with butter              or fortified margarine          Caramel nut pudding          Beverage</p>	<p>10</p> <p>Creamed eggs with fresh asparagus              (See Recipes)          Baked potato          Cole slaw          Apple Brown Betty          Beverage</p>
<p>11</p> <p>Veal pot pie          Mashed potatoes          Buttered peas          Enriched bread with butter              or fortified margarine          Fruit gelatine pudding          Milk</p>	<p>12</p> <p>Steamed frankfurters          Creamed new potatoes          Buttered cabbage (or sauerkraut)          Enriched rolls with butter              or fortified margarine          Rhubarb pie          Beverage</p>
<p>13</p> <p>Fried oysters with lemon          Parsleyed new potatoes          Shredded carrots and cabbage salad          Whole-wheat bread with butter              or fortified margarine          Sponge roll with orange cream              filling          Milk</p>	<p>14</p> <p>Scalloped chicken and noodles          Buttered green peas          Red apple and celery salad          Whole-wheat bread with butter              or fortified margarine          Baked custard          Beverage</p>
<p>15</p> <p>Vegetable plate:              Stuffed egg salad              Fresh asparagus              Parsleyed potatoes              Sliced tomato          Cornbread with butter              or fortified margarine          Deep-dish apple pie          Milk</p>	





## RECIPES

### Baked Kidney Beans

<u>Ingredients</u>	<u>Amounts for 100 Portions</u>
Dry red kidney beans.....	12 pounds
Bacon drippings or cubed salt pork.....	1-1/2 pounds
Onions, sliced.....	2 pounds
Green peppers, chopped.....	1 pound
Tomatoes, canned.....	2-1/2 gallons
Chili powder.....	1 ounce
Salt.....	5 ounces

Size of portion - 6 ounces

1. Wash and sort the beans. Cover with hot water and let soak overnight.
2. Cook beans until tender in the water in which they were soaked. Drain.
3. Cook the onions in the bacon drippings for about 5 minutes.
4. Combine the onions and fat, tomatoes, green peppers, seasonings.
5. Add the vegetable mixture to the cooked beans and mix well.
6. Pour into greased baking pans and bake for 1 hour in a moderate oven, 350° F.

### Creamed Eggs with Fresh Asparagus Tips

<u>Ingredients</u>	<u>Amounts for 100 Portions</u>
Fresh asparagus.....	20 pounds
Cooking fat.....	3 pounds
Flour.....	2 pounds
Milk and asparagus liquor.....	4 gallons
Eggs, hard-cooked.....	8-1/3 dozens
Salt.....	5 ounces
Paprika.....	1 ounce

Size of portion - 6 ounces

1. Clean the asparagus and cut spear ends off about 4 inches in length. Reserve rest of tender stalks for use in soup.
2. Cook the asparagus spears in a small amount of boiling water until tender. Drain, saving the liquor.
3. Make a roux of the fat and flour. Add the asparagus liquor up to 1/3 of the total liquid and then the remainder of the milk. Season. Cook until thickened.
4. Cut the hard-cooked eggs in half, lengthwise.
5. Arrange asparagus tips in serving pan, add layer of eggs and then sauce. Heat in oven to bring to serving temperature.
6. Serve plain or on toast or split buns.

# THE HISTORY OF THE

## REPUBLIC OF THE UNITED STATES

OF AMERICA

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TO THE PRESENT TIME  
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JAMES M. SMITH  
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VOLUME III  
THE TRIUMPH OF THE NATION  
FROM 1861 TO 1900

THE "BEST BUY" LIST

Cabbage, onions, carrots, lettuce and tomatoes head the list of best buys in key markets of the southwest but several newcomers are showing up in many places. Included are peas and green corn.

Scattered markets report beans, new Irish potatoes, squash and asparagus. Spinach and other greens, beets, celery and sweet potatoes are plentiful too and so are oranges and grapefruit.

Other best buys include:

Arkansas	<u>Little Rock:</u>	Carrots, beets, cabbage, home grown greens, turnips.
Colorado	<u>Denver:</u>	Cabbage, cauliflower, corn, lettuce, onions, spinach, peas, rhubarb, grapefruit, oranges.
Kansas	<u>Topeka:</u>	Cabbage, lettuce, tomatoes, onions, apples.
	<u>Wichita:</u>	Lemons, winesap apples, carrots, cabbage, onions, spinach, green beans, leaf lettuce.
Louisiana	<u>New Orleans:</u>	Lettuce, tomatoes, onions.
	<u>Shreveport:</u>	Oranges, cabbage, Irish potatoes, squash.
New Mexico	<u>Albuquerque</u> <u>Gallup and</u> <u>Santa Fe:</u>	Carrots, asparagus, green onions, grapefruit, spinach, tomatoes, lemons, oranges.
	<u>Las Cruces</u> <u>and Roswell:</u>	Carrots, cabbage, lettuce, green onions, rhubarb, asparagus, celery, lemons, oranges, grapefruit.
	<u>Clovis:</u>	Carrots, cabbage, lettuce, English peas, sweet potatoes, tomatoes, apples, lemons.
Oklahoma	<u>Oklahoma</u> <u>City:</u>	Cabbage, citrus, green onions, potatoes, tomatoes.
Texas	<u>Ft. Worth:</u>	Carrots, onions, cabbage, green beans, corn, tomatoes, grapefruit.
	<u>Houston:</u>	Corn, cabbage, onions, carrots, squash, lettuce.

We're enclosing a new bulletin we've just received which we think you will find helpful, especially since you're probably running into problems on sugar. It's called "Saving Sugar in Industrial Feeding."

If you need additional copies, let us know and we'll be glad to send them to you. The address is WEA's Southwest Regional Office, 425 Wilson Building, Dallas 1, Texas.

10

1914

On the 1st of January 1914, the first of the year, the weather was very cold and the wind was very strong.

The first of the year was a very cold day, and the wind was very strong. The weather was very cold and the wind was very strong.

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